

**Grilled Vegetables with Rice, Lentils, and Almonds  
with a Yogurt and Orange Zest Dressing**

<b>Ingredients</b>	<b>Amount</b>
Rice, uncooked	1 cup
Lentils, green, uncooked	1 cup
Garlic	2 heads
Onion, red peeled cut in half	1 small
Squash, yellow, sliced lengthwise	1 medium
Zucchini, sliced lengthwise	1 medium
Salt	To taste
Pepper, black	To taste
Oil, canola	¼ cup
Basil, fresh chiffonade	¼ cup
Mint, chopped	¼ cup
Parsley, chopped	¼ cup
Dill, chopped	¼ cup
Almonds, halves or pieces	6 oz
Lettuce, spring mix	4 cups
Yogurt, non-fat	1 cup
Orange, zest	1 orange
Orange, juice	1 Tbls

**Method:**

- Cook rice and lentils according to directions, cool.
- Cut the bottom off the garlic heads, rub heads in oil, season with salt and pepper, wrap in aluminum foil. Punch some holes in the top, place on the grill. Garlic is done when it feels soft.
- Rub both halves of the onion in oil, season in salt and pepper, wrap in aluminum foil, punch some holes in the top. Grill until the onion feels soft.
- Rub the squash and zucchini in oil, season with salt and pepper and grill until they begin to feel soft.
- In a large bowl put the cooled rice, lentil, garlic cloves (squeeze out), onion. Slice squash and zucchini into 1 inch slices and add to bowl.
- Add lettuce, almonds and herbs.
- In a separate bowl mix together the yogurt, orange zest, and juice. Add to large bowl and toss to coat, adjust seasoning.
- Serve on a large platter.

